



**Heritage Center**  
**#10 E. 6150 S.**  
**801-264-2635**  
**[www.murray.utah.gov](http://www.murray.utah.gov)**

## Program Reminders

Jam Session—June 12 at 3:30

Attorney Consultations—June 10 at 11:00

Blood Pressure/Glucose—June 5 & June 20 from 11:00-12:00.

Trips—Wendover June 19, Living Planet Aquarium June 24, Murray Park Top Brass July 1.

Barbershop—Tuesday

Massages—Friday

## Birthday Wednesday

The Center is pleased to announce that starting **Wed., June 4** Raeanne Stranc from Equity Real Estate will be sponsoring the Birthday Wednesday complete with cake and ice cream each month. Raeanne is a Senior Real Estate Agent who specializes in consulting clients 55+ in selling their home and right sizing. Thank you Raeanne.

# Heritage Center

The Heritage Center is 55+

June 2014 Supplement

## Family Concert —

Invite family and friends to enjoy the music of the Red Desert Ramblers on **Monday, June 9 at 7:00 PM** with the first of the summer concert series. Family concerts are the 2nd Monday of every month at 7:00 PM and are FREE. The season will continue with Mississippi Mood on July 14, The Ambassadors on August 11 and the Time Cruisers on September 8. All ages are welcome. Concerts sponsored by Murray City Cultural Arts.



## Fundraiser—Yard Sale & Car Show—Saturday, June 21

Find unique treasures at the Yard Sale from **8:00-1:00** and enjoy a \$2 pancake breakfast while the Second Story band plays from **9:00-10:00**. Donations are currently being taken for the Yard Sale. Last year's car show was a huge success! Don't miss out this year. The Car Show is on the same day as the Yard Sale. Enjoy a \$2 hot dog lunch and raffle prizes after **10:30**, entertainment at **11:00**, and vote for your favorite car. Cost is \$5 to show your car and applications are currently being accepted.



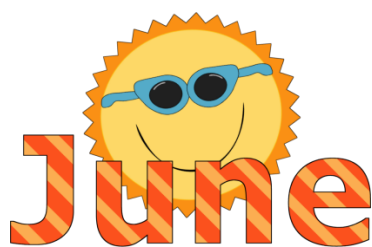
## Senior Fitness Passport to Better Health

The Center has teamed up with the Murray Library and Murray Parks & Recreation to offer a unique program during the summer. Pick up a passport at the front desk and start your "Journey to Better Health."

The passport is used to track your individual participation in four subject areas: Nutrition, Health Awareness, Physical Activity, and Mental Fitness. When the first passport is completed with 24 stamps, you earn bronze medal status and can move on to completing your second silver medal passport and then finish up with gold if you'd like. Some of the activities to complete in the passport include: enjoy a made to order salad at the Heritage Center, learn something new, identify the plants in the Murray Arboretum, learn your BMI score, and more! Awards & Prizes will be given out at the final family concert on **September 8**. A special thanks to Select Health & BackCountry.com.



Enjoy a made to order breakfast on the patio every **Monday** from **10:00-12:00 noon**. Choose a complete meal or order a la carte. The program begins **June 16** and runs through **August 25**. Calli cooks up a mean omelet and waffles made to order. No reservation needed. Volunteers are always needed, see Moe if interested.



## Heritage Center Events

Heritage  
Center

#10 E. 6150 S.

(West of State)

801-264-2635

[www.murray.utah.gov](http://www.murray.utah.gov)

[heritage@murray.utah.gov](mailto:heritage@murray.utah.gov)

We are here to  
serve you

Monday-Friday

8:00-4:30 and

Thursday until  
10:00 PM

Monday		Tuesday	
9:00 NIA	2	8:30 Ceramics	3
9:00 Computer Help		9:00 Stretch / Haircuts	
11:00 Bridge Lessons		9:30 Line Dancing	
12:30 Ladies Pool		10:30 Tai Chi	
1:00 Movie-Captain Phillips		11:00 Canasta	
1:00 Dance Lessons		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:45 Crafts	
		12:45 Exercise Help	
		1:00 Computer Help	
		2:00 Beginning Line Dancing	
7:30 Valley View Golf	9	8:30 Ceramics	10
9:00 NIA		9:00 Stretch / Haircuts	
9:00 Computer Help		9:30 Line Dancing	
10:00 Tuachan Trip		10:30 Tai Chi	
11:00 Bridge Lessons		10:30 Writing Class	
12:30 Ladies Pool		11:00 Canasta	
1:00 Movie-Blue Jasmine		11:00 Attorney Consultations	
1:00 Dance Lessons		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:45 Crafts	
7:00 Family Concert— Red Desert Ramblers Bluegrass		12:45 Exercise Help	
		2:00 Beginning Line Dancing	
9:00 NIA	16	8:30 Ceramics	17
9:00 Computer Help		9:00 Stretch / Haircuts	
10:00 Brunch on the Patio		9:30 Line Dancing	
11:00 Bridge Lessons		10:30 Tai Chi	
12:30 Ladies Pool		10:30 Staying Sharp	
1:00 Dance Lessons		11:00 Canasta	
1:00 Movie-Philomena		11:30-12:30 Lunch	
2:00 Strength Conditioning		12:00 Medicare Counseling	
		12:45 Crafts	
		12:45 Exercise Help	
		2:00 Beginning Line Dancing	
8:00 Wasatch Golf	23	8:30 Ceramics	24
9:00 NIA		9:00 Stretch / Haircuts	
9:00 Computer Help		9:00 Living Planet Aquarium	
9:30 AARP Smart Driving Course		9:30 Line Dancing	
10:00 Brunch on the Patio		10:30 Tai Chi / Vital Aging Program	
11:00 Bridge Lessons		11:00 Canasta	
12:30 Ladies Pool		11:30-12:30 Lunch	
1:00 Dance Lessons		12:45 Crafts / Exercise Help	
1:00 Movie-The Book Thief		1:00 Computer Help	
2:00 Strength Conditioning		2:00 Beginning Line Dancing	
9:00 NIA	30		
9:00 Computer Help			
10:00 Brunch on the Patio			
11:00 Bridge Lessons			
12:30 Ladies Pool			
1:00 Dance Lessons			
1:00 Movie-Saving Mr. Banks			
2:00 Strength Conditioning			

Wednesday	Thursday	Friday
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure/Glucose 11:30-12:30 Lunch 12:30 Game Day 12:45 Happy Hats 12:45 Exercise Help 1:00 Square Dance / Computer 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 1:00 Square Dancing / Computer 12:45 Exercise Help 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance / Ute RC	9:00 Zumba 10:00 Yoga 10:30 Funeral Smart 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge
9:00 Painting 9:15 Pinochle 10:00 Yoga 10:30 Voting Registration Info 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 8:30 Wendover Trip 9:00 Stretch & Tone 9:30 Toe Nail Clippings 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day/12:45 Happy Hats 12:45 Exercise Help 1:00 Square Dance /Computer 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 10:30 Gardening Class 11:00 Blood Pressure/Glucose 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge  <b>Tomorrow is the Yard Sale &amp; Car Show!</b>
9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge	8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:30-12:30 Lunch 12:30 Game Day 12:45 Exercise Help 1:00 Square Dance /Computer 2:00 Strength Conditioning 7:00 Dance	9:00 Zumba 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge



Retired Colonel Brock McLean noticed that the Heritage Center Flag was getting old and needed to be retired from service. He has donated a new flag thanks to Colonial Flag and will retire the old flag in a ceremony at the Heritage Center Car Show, 10:30 am on Saturday, June 21 at the Grant Park Pavilion.

### Heritage Center Fundraising Event

Yard Sale & Car Show—Saturday, June 21

Yard Sale & Pancake Breakfast 8:00-1:00

Car Show & Hotdog Lunch 9:00-1:00

Bring friends & family for a morning of fun!

Thank you RC Willey

## Medicare Counseling

On **Tuesday, June 17 at 12:00** Medicare counseling will be available at the Center with volunteer SHIP counselor Vicki Nelson. Make an appointment at the front desk. Vicki's job is to help clear up the confusion about Medicare, how to understand your Medicare choices, and what to do if you have other insurance. She is also available to help guide you thru the enrollment process whether you are new to Medicare or struggling with open enrollment. If you meet the criteria, Vickie or your local SHIP office can help you apply for a prescription drug discount program. SHIP counselors can also help you understand your benefit explanation notices from Medicare and help figure out if you still owe anything. If you need immediate assistance, your local counselors are a call away at 385-468-3200.

## Vital Aging Program

On **Tuesday, June 24**, the Vital Aging Program will be at the Center to present: **Mindfulness and Relaxation Techniques**. Mindfulness is paying attention in a non-judgmental way to the present moments we often ignore. You will learn how to practice mindfulness as a way to reduce stress and promote wellness. This is a free class. Sign up now. Prior to the class, instructor Tifani Holloway, licensed Clinical Social Worker, will be at the Center starting at 10:00 to provide a brief one-on-one 15-minute session to discuss personal mental health concerns. Sign up now

## Pinochle Luncheon

The Pinochle players will use the "going set" money from this past year to enjoy lunch at the Golden Corral in Midvale on **Wednesday, June 25** after the regular morning tournament. The lunch sign-up can be found on the Pinochle board in the Ceramic Room. Pinochle is played every **Wednesday at 9:15**. No registration necessary. The cost is \$2 to enter the game. Stop by and join the fun.

## Top Brass & Lunch in Murray Park

Pick up a Heritage box lunch and enjoy music in Murray Park on **Tuesday, July 1** when "Top Brass" entertains. The music is Free. Lunch is \$5 and transportation is included if you'd like. Pre-order your meal and they'll be ready by 11:30 for pick up or to take with you on the bus.

## Pickleball in the Park

Join Murray Parks and Recreation and SelectHealth as we present the 2<sup>nd</sup> annual Pickleball in the Park, **Saturday, June 7** from **9:00-1:00** at the outdoor Pickleball courts located on the east side parking lot of the Park Center in Murray Park. Learn how to play the fastest growing sport in America from experienced players. Visit the SelectHealth booth for information and prizes. Best of all, it is free!

## Gardening With Joy

On **Friday, June 20 at 10:30** Joy Bossi, a Utah native gardening enthusiast, will be at the Center to share her gardening tips. Joy has a bachelors degree in botany from BYU, has worked for a local nursery and landscaping company, entertained and educated both novice and experienced gardeners with her well-known radio program "Joy in the Garden". In addition Joy is the author of *Joy in your Garden* and *The Incredible Edible Landscape*. Joy will be at the Center to discuss raised bed gardening, what type of soil you need, how to put water into the raised beds and much more. This is a free class. Sign up now.

## Shakespeare Trip

William Shakespeare once wrote, "The Play is the Thing!" Cedar City has "the Play" covered. Join us as we visit the Tony Award winning Utah Shakespeare Festival, **August 25-27**. We have chartered a commercial bus and will be seeing three plays; Your choice of *A Comedy of Errors* or *Into The Woods*; *Measure For Measure* or *Sense and Sensibility* and everyone will see *Twelfth Night*. The Cost is \$300 per person (double occupancy) and \$365 (single room) and includes two nights at the Abbey Inn, dinners at Rusty's and Milt's and the three Shakespeare plays. Registration begins **June 18**. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Full payment for all reservations must be received before Friday, July 18 at 4:00 pm. Travelers may register for themselves and one other person.

## Golf Tournaments

June 9—7:30 Valley View Scramble \$43

June 23—8:00 Wasatch \$43

July 14—Talons Cove \$38

July 28—Round Valley \$45 includes  
a BBQ lunch

# June 2014

## Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a \*special event

Lunch is served anytime between 11:30 – 12:30

Pay and make your selection when you are ready to eat.

If the main entrée doesn't appeal, try a sandwich, salad or soup option.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>NO LUNCH</b>	<b>3</b>  <b>TUNA MELT</b> Spinach Apple Salad Snickers Brownie or Fruit	<b>4</b>  <b>HONEY CHIPOTLE CHICKEN</b> Southwest Mac & Cheese, Veggies Birthday Cake and Ice Cream or Fruit	<b>5</b>  <b>HOISIN PORK STIRFRY</b> Ginger Sesame Salad Raspberry Banana Napoleon or Fruit	<b>6</b>  <b>RICOTTA MEAT-BALLS</b> Pasta Caesar Salad Rocky Road Cookies or Fruit
<b>9</b>  <b>NO LUNCH</b> <b>7:00 pm</b> <b>Family Concert</b> <b>Red Desert Ramblers</b>	<b>10</b>  <b>PESTO CHICKEN PARMESAN</b> Gnocchi Roasted Veggies Texas Sheet Cake or Fruit	<b>11</b>  <b>HONEY BUTTER PORK LOIN</b> Hashbrown Casserole Broccoli Oreo Fluff or Fruit	<b>12</b>  <b>PHILLY CHEESE-ESTEAKS</b> Macaroni Salad Island Almond Cake or Fruit	<b>13</b>  <b>APRICOT CHICK-EN</b> Roasted Potatoes Veggies Banana Caramel Cupcakes or Fruit
<b>16</b>  <b>Brunch Café</b> <b>Begins</b> <b>10:00 – 12:00</b>	<b>17</b>  <b>LEMON GARLIC FETTUCCHINE</b> Pea Salad Donut Bread Pudding or Fruit	<b>18</b>  <b>MEATLOAF</b> Mashed Potatoes & Gravy, Green Beans Strawberry Shortcake Cookie or Fruit	<b>19</b>  <b>CHICKEN CLUB SANDWICH</b> Potato Salad Toffee Peanut Butter Cookie or Fruit	<b>20</b>  <b>VIETNAMESE GRILLED PORK</b> Spicy Noodles Veggies Caramel Cookie Bars or Fruit
<b>23</b>  <b>Brunch Café</b> <b>10:00 – 12:00</b>	<b>24</b>  <b>BLT SANDWICH</b> Spinach Salad Spumoni Cupcakes or Fruit	<b>25</b>  <b>SPINACH ARTICHOKE PASTA</b> Veggies Breadstick Salted Caramel Cake or Fruit	<b>26</b>  <b>BEEF ENCHILADAS</b> Green Salad Apple Fritter Cake or Fruit	<b>27</b>  <b>LEMON DILL SALMON</b> Baked Potato Carrots Brown Sugar Pound Cake or Fruit
<b>30</b>  <b>Brunch Café</b> <b>10:00 – 12:00</b>	<p align="center"> <b>Don't forget – Heritage Fundraiser Saturday, June 21</b>  <b>Yard Sale &amp; Car Show</b>  <b>\$2 Pancake Breakfast – 8:00-10:30</b>  <b>\$2 Hotdog Lunch – 10:30-1:00</b>  <b>No reservations needed</b> </p>			